



POSITIVE IMPACT OF PSYCHOLOGICAL HEALTHINESS OF DIABETIC PATIENT THROUGH MEDITATION

Dr. Sushant T. Magdum

Director of Physical Education and Sports Shri. Yashwantrao Patil Science College, Solankur. Tal-
Radhanagri, Dist.- Kolhapur.

Corresponding Author - Dr. Sushant T. Magdum

Email- sushmagdum7@gmail.com

Abstract

The public health measures were shown to impact negatively on diabetic patient. The study was designed to measure the effect of Meditation on the psychological healthiness of diabetic Suffering Patient. In the present study, a sample of Male diabetic patient (n – 60, age : 25 to 45 years) A self-prepared psychological healthiness. scale was used to observe the participant's psychological healthiness, by using pre and post-test design. In order to examine effects of exercises on psychological healthiness, a training program was familiarized by Meditation expert. Results found beneficial effects of Meditation on the psychological healthiness of diabetic Suffering Patient.

Keywords: *Meditation, Psychological healthiness, diabetic Suffering Patient, beneficial effects.*

Introduction

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (asanas), breathing techniques (pranayama), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices.

The physical exercises (asanas) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety [1], and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation. Now a day's every person is suffering from a different kinds of health problems with new dimensions of health, appearance and manifestations. Medical field are trying to search and cure the problems but unable to safeguard complete health and wellbeing. Yoga provides the key to complete development as physical, psychological and spiritual, widely use in India as the technique of relief from stress and for improvement in physical and

psychological health and wellbeing. Persons concerned with spiritually through practicing yoga which obvious in behaviour and attitude, ultimately caused to maintain peace and harmony within individual and in the bigger society. It can say that yoga is a philosophy of life as well as a science of healthiness.

Yoga is a discipline based on an tremendously appropriate science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. Yoga leads to a perfect harmony between mind and body, man and nature, individual consciousness and universal consciousness. Yoga helps to build up psychophysiological health, emotional harmony; and manage daily stress and its consequences. Yoga is considered one of the oldest forms of exercise and although there are many different styles, from gentle to rigorous, yoga practice generally involves stretching, breathing and a period of deep meditation.

A rising number of studies from the 1970s through to today, suggest that yoga can have a positive outcome for people dealing indications of depression, anxiety or stress, among other benefits. In facts, Harvard Medical School believes there is growing evidence that yoga practice is a relatively low risk, high-benefit approach to improving overall health. We know the result of regular activity are development of total personality of the human to its fullness and perfection in body, mind, and spirit. where physical development underlines muscular fitness, physical strength, endurance,

resistance to disease, correct posture, shapely body, effective and efficient movement. Large muscle activity, supported by balance diet and good environment, is the single important factor. Capable of ensuring proper growth and development of child within limits and limitation of the genetic potential.

Regular participation in moderate vigorous physical activity stimulates respiratory, circulatory, digestive, excretory and other body system to work at an optimal level of efficiency resulting in increased vigour, resistance to diseases, better health, greater physical capacity for productivity in work. Naturel activity such as running, jumping, throwing, chasing, pulling, pushing, hanging etc., generally known as racially old forms of activity toughen body and sharpen intellect so that the participant acquires the courage and capacity to accept and throw challenges in life.

The level of fitness which an elite athlete requires and acquires so as to perform well in his sports is significantly different from the one required for a housewife, a business executive, a school teacher, a technician, an engineer or an industrial worker. Yet fitness is the very heart and soul of an abundant and efficient living. activity is the anchor to achieve the objective of physical development.

Methodology

Selection of Subjects

The subjects were selected from a Murgud Rural hospital of Kolhapur (Maharashtra). 60 male aged 35 to 45 years. The subjects were further assigned into two groups experimental and control group consist of 30 subjects in each group. to examine the effects of Meditation on the psychological wellbeing. The experimental group underwent 12 weeks training whereas control group was playing their regular routine.

Table 1

Mean, standard deviation and significance of difference between control and experimental groups on psychological healthiness

Groups	Pre-Test		Post-Test		t value
	Mean	SD	Mean	SD	
Control	53.75	5.73	56.15	6.79	
Experimental	52.15	6.04	74.28	6.01	15.10*

P<0.05*

Tool

Psychological Healthiness Scale:

The psychological healthiness scale was established by the researcher. It consists of 20 items including positive affect (e.g., feelings of optimism, cheerfulness, and relaxation), satisfying interpersonal relationships and positive working (e.g., energy, clear thinking, self-acceptance, competence, autonomy). The subjects were asked individually to rate their answers on the 5-point scale. The reliability of the scale was 0.72 established by test and retest method. Higher scores indicated better psychological healthiness and less scores showed lower level of psychological healthiness.

Procedure

firstly, the starting both groups were exposed to pre-test on selected variable. Training program was introduced to experimental group only. The training program was scheduled for 12 weeks. exercises were presented to the participants approximately over 1 hour and 30 minutes in the morning.

All the participants were encouraged to attain the session regularly. The Meditation were trained by the experts. The training program was consisted different steps such as- warming up (5 minutes), Suryanamaskar (15 minutes), asanas (20 minutes), Pranayam (15 minutes), om Chanting (05 minutes), Meditation (20 minutes), and Shavasana (10 minutes). After completion of 12 weeks training program post-test was ran on both groups.

Statistical Analysis

After completion both tests, the data was analysed by using descriptive statistics as well as paired sample t test, by using SPSS v.16 software.

Results

Table 1 represents mean, standard deviation and significance of difference between control and experimental groups on the psychological healthiness measure. With respect to pre-test, insignificant difference (1.42) between control and experimental groups was found. Whereas significant difference (15.10 p

Discussion: The results of the current study testified significant difference between the mean scores of pre-test and post-test of experimental group. In the light of the findings it could be stated that, there is valued effects of exercises, Meditation on the psychological healthiness of diabetic patient. This finding is also supported by lots pf research that the practice of yoga has a definite role in the raise of positive health, including mental health, characterized by improved cardio-respiratory efficiency, autonomic responses to stressors, sleep, muscular endurance, and higher“ brain functions. The practice of yoga meditation reduces psycho-physiological signs of stress. Yoga meditation has sound scientific basis and an ideal tool for improving optimistic physical and mental health of people nevertheless of their age. Therefore, the finding of this study has several implications to aware and motivates people for maintaining their health and healthiness by practicing exercises Meditation regularly.

Conclusions

In the resent study, it was projected that Meditation would have beneficial effects on the psychological healthiness. The findings deliver the evidence that support this. Overall, it was concluded that meditation training program, has beneficial effects on the psychological healthiness.

References

1. Lawton, M.P. (1983). The varieties of wellbeing. *Experimental Ageing Research*, 9, 65-72.
2. Malathi, A., Damodaran, A., Shah, N., Patil, N., & Maratha, S. (2000). Effect of practices on subjective wellbeing. *Indian Journal of Physiological Pharmacology*, 44, 202-206.
3. Okun, M.A., & Stock, W.A. (1984). Correlates and components of SWB. *Journal of Applied Gerontology*, 6, 95-112.
4. Pollard, E., & Lee, P. (2003). Child wellbeing: A systematic review of the literature. *Social Indicators Research*, 61 (1), 59-78.
5. Ryff, C.D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological wellbeing. *Journal of*

Personality and Social Psychology, 57, 1069-1081.

6. Tripathi, R.C., & Singh, A. (2014). Role of exercises in reducing adverse effect of stress on the vital capacity of executive employees. *Annals of Multi-Disciplinary Research*, 4(3), 32-36. Tripathi, R.C., & Singh, A., (2013). Effect of practices on the self-concept of middle age employees. *Shodh Prerak*, 4(1),47-50.

Dr. Sushant T. Magdum